

# COMMUNITY RESOURCES DIRECTORY

## GUIA DE RECURSOS EN LA COMUNIDAD

### EMERGENCIAS & HOMELESSNESS EMERGENCIAS Y FALTA DE VIVIENDA

AGENCY or ORGANIZATION AGENCIA o ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>2-1-1 San Diego</b> <a href="http://www.211sandiego.org">www.211sandiego.org</a>	2-1-1 or 800-227-0997	<b>2-1-1 San Diego</b> provides information and referrals to community, health and disaster services through a free, 24/7 stigma-free phone service and searchable online database.
<b>Access to Independence of North County</b> 1440 S. Escondido Blvd., Suite D Escondido, CA 92025 <a href="http://www.accesstoindpendence.org">www.accesstoindpendence.org</a>	619-293-3500	Provides services to promote independent living for those with disabilities through information and referral services, housing workshops and resources, an employment program, educational classes (e.g. benefits), evaluation of equipment and technology to promote independence, and information on personal assistance providers
<b>Brother Benno's</b> 3620 Production Avenue Oceanside, CA 92058 <a href="http://www.brotherbenno.org">www.brotherbenno.org</a>	760-439-1244	Serves poor families, the disabled and low-income senior citizens. It provides Food, Clothing, Laundry, Hygiene, Men's Recovery Program, Rent and Utility Assistance, Prescription Assistance, Mail and Telephone Service, Aid to Veterans, Transportation Assistance, Identification Replacement Children's Reading Room, Education Assistance, Women's Sober Living, and Transition Housing for Women and Children. Brother Benno's also operates a thrift store located in Oceanside.
<b>Community Interface</b> 2621 Roosevelt Street Carlsbad, California, 92008 <a href="http://www.communityinterfaceservices.org">www.communityinterfaceservices.org</a>	760-729-3866	Provides services to children and adults with developmental disabilities, including intellectual disability, cerebral palsy, autism, seizure disorder and other similar conditions. Services include supported employment services, day program that includes vocational training and community activities, independent and supported living, housing services, social support and in-home respite services.

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### *EMERGENCIES & HOMELESSNESS (continued)*

### *EMERGENCIAS Y FALTA DE VIVIENDA*

AGENCY or ORGANIZATION AGENCIA o ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Community Resource Center</b> 650 Second Street Encinitas, CA 92024 <a href="http://www.communityresourcecenter.org">www.communityresourcecenter.org</a>	760-753-1156	Provides social services and domestic violence programs through comprehensive food programs, rental and shelter assistance (e.g. motel vouchers, rental and utility assistance), works programs, financial management services, domestic violence crisis hotline, emergency shelter, therapeutic children's center, counseling, education and prevention. [Serves North County Coastal]
<b>Interfaith Community Services Coastal Service Center</b> 4700 North River Road Oceanside, CA 92057 <a href="http://www.interfaithservices.org">www.interfaithservices.org</a>	760-721-2117	Offers a broad continuum of 'wraparound care' services designed to help people move from insufficiency to self-sufficiency: Food & Basic Needs; emergency and transitional and supportive housing; rental assistance; transportation assistance (e.g. bus passes); financial literacy education, employment services (e.g. job referral program); assistance with prescriptions; motel vouchers; Transitional Youth Academy (prevention and intervention program for at-risk youth in Oceanside), Senior Care (minor home repair and modification, client advocacy, senior supportive housing); Veterans Assistance (emergency shelter, transitional housing, employment assistance, recuperative care, mental health and homeless prevention; Addiction Recovery.
<b>Lifeline Community Services - Administrative Office</b> 3142 Vista Way, Suite 400 Oceanside, CA 92056 <a href="http://www.nclifeline.org">www.nclifeline.org</a>	760-842-6201	Services focus on building self-reliance among youth, individuals and families. Services offered: Prevention programs for at-risk youth (diversion activities, counseling, and group sessions); Behavioral Health services related to mental health and substance abuse challenges; Employment and Housing services (benefits screening, free tax preparation, credit repair, financial coaching, employment readiness and placement; Child Abuse prevention and intervention and Domestic Violence intervention program; and fair housing mediation and education. [Serves North County]

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### *EMERGENCIAS & HOMELESSNESS (continued)* *EMERGENCIAS Y FALTA DE VIVIENDA*

<b>North County Community Services</b> 1557 Grand Avenue, Suite C San Marcos, CA 92078 <a href="http://www.sdnccs.org">www.sdnccs.org</a>	760-471-5483	Provides programs that educate youth, support working families, and provide food to local churches and organizations who feed the hungry. Operates seven low-income preschools, the North County Food Bank, and community-based gardens. Also is a community member of the North County Regional Winter Shelter System.
<b>San Diego Regional Center – North County office</b> 5931 Priestly Drive, Suite 100 Carlsbad CA, 92008 <a href="http://www.sdrc.org">www.sdrc.org</a>	760-736-1200	Provides a variety of services to persons with developmental disabilities, their families and the community, that include: Establish eligibility for Regional Center services, develop individual and family service plans, case management services, coordination of other services (e.g. Adult Day programs, behavioral training, independent living services, infant programs and services, respite services, supported living services), and community education.
<b>St. Patrick's Community Services</b> 3256 Madison Street Carlsbad, CA 92008 <a href="http://www.stpatrickcarlsbad.com">www.stpatrickcarlsbad.com</a>	760-434-9686	Provides emergency food and clothing, bread distribution, holiday assistance to families and crisis intervention.
<b>The Salvation Army</b> 3935 Lake Blvd. Oceanside, CA 92056 <a href="http://www.salvationarmy.org">www.salvationarmy.org</a>	760-631-8212	<b>Oceanside location:</b> Emergency food services, emergency utility assistant, transportation assistance, hygiene, basic necessities (e.g. diapers), emergency clothing and furniture vouchers, motel vouchers, rental assistance, referrals to other organizations, Club 60: Senior lunch (Monday thru Friday); <b>72 unit low-income senior housing</b> , Youth programs: Crazy Teens after school program and summer camps.
<b>Women's Resource Center</b> 1963 Apple Street Oceanside, CA 92054 <a href="http://www.wrcsd.org">www.wrcsd.org</a>	760-757-3500	Provides supportive services, counseling, shelter and education to women and men involved in or threatened by domestic violence or sexual assault. Services: Emergency 30-day shelter, Transitional Housing, Crisis Intervention, Crisis Hotline, Adult and children counseling, Community and School Prevention Services and community and perpetrator education.

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### *FOOD RESOURCES* *RECURSOS DE ALIMENTO*

AGENCY or ORGANIZATION AGENCIA o ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Cal-Fresh (Food Stamps)</b> <b>County of Health &amp; Human Services)</b> <a href="http://www.211sandiego.org/calfresh-foodassistance">www.211sandiego.org/calfresh-foodassistance</a>	2-1-1 or 800-227-0997	CalFresh is a federal supplemental nutrition program for low-income families and individuals that meet certain income guidelines. CalFresh benefits help supplement your food budget and allow families and individuals to buy nutritious food.
<b>North County Interfaith Council</b> <a href="http://www.interfaithservices.org">www.interfaithservices.org</a>	760-489-6380	Offers a broad continuum of ‘wraparound care’ services designed to help people move from insufficiency to self-sufficiency. Food related services: (2) food pantries, Oceanside and Escondido; Breakfast at Inland Service Center (Escondido) – 6:30 a.m. to 7:30 a.m.
<b>Western Eagle Foundation</b> 40940 County Center Dr. Temecula, CA 92591 <a href="http://www.western-eagle.org">www.western-eagle.org</a>	951-695-7206	Food Bank and food assistance center. Offers affordable Food Box Program for individuals and families. Food distribution for churches and other charitable organizations.

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### *HOUSING AGENCIES IN SAN DIEGO COUNTY*

### *AGENCIAS DE VIVIENDA EN EL CONDADO DE SAN DIEGO*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Carlsbad Housing &amp; Neighborhood Services</b> 1200 Carlsbad Village Drive Carlsbad, CA 92008 <a href="http://www.carlsbadca.gov/housing">www.carlsbadca.gov/housing</a>	760-434-2810	Housing & Neighborhood Services was created to engage the entire community in the development and implementation of programs which provide for affordable housing and to help strengthen neighborhoods through partnerships and collaboration. Housing Services or Programs: Affordable Housing, Section 8 rental assistance, minor home repair grants, mediation program/neighborhood conflict resolution; community grant programs
<b>Encinitas Housing Agency</b> 505 South Vulcan Avenue Encinitas, CA 92024 <a href="http://www.ci.encinitas.ca.us">www.ci.encinitas.ca.us</a>	760-633-2723	Services provided: Housing Assistance Information (mortgage credit certificates, education classes, rental assistance, utility assistance, affordable housing, Residential Rehabilitation Program; and Resources and Information for Mobile home Parks; Fair Housing Information.
<b>National City Housing Agency</b> Martin Luther King, Jr. Community Center 140 E. 12th Street National City, CA 91950 <a href="http://www.ci.national-city.ca.us">www.ci.national-city.ca.us</a>	619-336-4254	Administers Section 8 Rental Assistance Program; First-Time Homebuyer Program; Residential Rehabilitation Program, Development of senior and family housing developments; affordable housing management.
<b>Oceanside Housing Agency</b> 321 North Nevada Street Oceanside, CA 92054 <a href="http://www.ci.oceanside.ca.us">www.ci.oceanside.ca.us</a>	760-435-3360	Services provided: Community Resource Centers, Fair Housing, Family Self-Sufficiency, Affordable Housing Development Program, Homeownership Assistance; Mobile home Rent Control; Section 8 Rental Assistance (Housing Choice Voucher), Rehabilitation for single-family homes and mobile homes
<b>San Diego Housing Commission</b> 1122 Broadway, Suite 300 San Diego, CA 92101 <a href="http://www.sdhc.org">www.sdhc.org</a>	619-578-7640	Provides affordable housing programs and services within the City of San Diego: Rental assistance, Section 8 Housing Choice Voucher Program; Family Self-Sufficiency program; Employment & Benefits Resource Fairs, Financial Skills Education; and Affordable housing programs.

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### *HOUSING AGENCIES IN SAN DIEGO COUNTY (continued)*

### *AGENCIAS DE VIVIENDA EN EL CONDADO DE SAN DIEGO*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>San Diego County Housing Agency</b> <b>County of San Diego Housing &amp; Community</b> 3989 Ruffin Road <b>San Diego, CA 92123</b> <a href="http://www.co.san-diego.ca.us/sdhcd/">http://www.co.san-diego.ca.us/sdhcd/</a>	858-694-4801 or 877-478-5478	Department manages the following programs: Section 8 Rental Assistance Programs; Veterans Affairs Supportive Housing (VASH) – helps qualified homeless Veterans; Homeless Resources (Cold Weather Shelter Voucher Program, Supportive Housing Program (SHP); Housing Resource Directory; Information about community partners.

### *HOUSING RESOURCES*

### *RECURSOS DE VIVIENDA*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Community Resource Center</b> <b>Motel Voucher Program</b> 650 Second Street Encinitas, CA 92024 <a href="http://www.communityresourcecenter.org">www.communityresourcecenter.org</a>	760-753-8300	Provides social services and domestic violence programs through comprehensive programs. Motel Voucher Program: Provides a short-term stay in a local motel and may prevent people's fall from temporary homelessness to chronic homelessness; requires a housing plan within 2 weeks or verifiable medical need. Available vouchers are dependent upon current funds availability.
<b>Crisis House</b> 1034 N. Magnolia El Cajon, CA 92020 <a href="http://www.crisishouse.org">www.crisishouse.org</a>	619-444-1194, extension 304	Provides services to families and individuals who are impacted by poverty, domestic violence or homelessness. Services offered: Information and Referral, Job Assistance, CalFresh (Food Stamps) enrollment assistance; Food Pantry, Mobile medical care; Utility assistance; legal assistance; benefits eligibility assistance, homeless services. <b>East County-based.</b>

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### *HOUSING RESOURCES (continued)*

### RECURSOS DE VIVIENDA

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>CSA San Diego</b> <b>(Center for Social Advocates)</b> 131 Avocado Avenue El Cajon, CA 92020 <a href="http://www.c4sa.org">www.c4sa.org</a>	619-444-5700 800-954-0441	Provides services for the following: Fair Housing; Tenant-Landlord Mediation; Hate Crime Prevention Education; Human Trafficking education and prevention; Immigrant Rights & Education; Civic Engagement to the minority communities in San Diego County.
<b>Fair Housing Council of San Diego</b> 1764 San Diego Avenue, Suite 103 San Diego, CA 92110 <a href="http://www.fhcsd.com">www.fhcsd.com</a>	619-699-5888	Provides services in the area of unlawful housing discrimination in the housing rental, sales, lending and property insurance markets. Services: Advocacy, Outreach & Education for the public; Technical Assistance & Training to the housing industry; and Housing Discrimination Compliant Processing
<b>Housing &amp; Urban Development (HUD)</b> Symphony Towers 750 'B' Street, Suite 1600 San Diego, CA 92101-8131 <a href="http://www.hud.gov">www.hud.gov</a>	619-557-5307 San Diego Office	Federal government agency.
<b>Housing Discrimination Hotline</b>	800-896-7743	Federal government agency. A program of the Department of Justice
<b>Housing Resources Directory</b> <b>(San Diego County Housing Agency)</b> <a href="http://www.sdcounty.ca.gov/sdhcd/docs/housing_resource.pdf">http://www.sdcounty.ca.gov/sdhcd/docs/housing_resource.pdf</a>	877-478-5478	Directory of affordable housing apartment units, Single Room Occupancy (SRO) hotels, emergency housing, motel/hotel voucher programs; winter shelters, transitional shelters, County of San Diego housing programs (e.g. Section 8 Rental Assistance)
<b>HUD Fraud Hotline</b> <b>(Office of the Inspector General)</b> <a href="http://www.hudoig.gov/">http://www.hudoig.gov/</a>	800-347-3735	Federal government agency.

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### *HOUSING RESOURCES (continued)*

### RECURSOS DE VIVIENDA

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Office of Fair Housing and Equal Opportunity</b> www.hud.gov/fairhousing	800-347-3739	Federal government housing. Hours: Monday through Friday 8:15 a.m. to 4:45 p.m.
<b>San Diego Urban League</b> 720 Gateway Ctr Dr. San Diego CA 92102 <a href="http://www.eodsummit.org/">http://www.eodsummit.org/</a>	619-266-6247	Programs/Services provided: Job re-entry program for formally incarcerated women; Educational programs: Project Ready: Prepares youth for successful lives after high school; Academic Scholar Program; Housing: Financial literacy; First-time home buying training; foreclosure prevention services
<b>State of California Department of Fair Employment &amp; Housing</b> www.dfeh.ca.gov	800-896-7743	The mission of the Department of Fair Employment and Housing is to protect Californians from employment, housing and public accommodation discrimination, and hate violence.



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## GUIA DE RECURSOS EN LA COMUNIDAD

### SENIOR RESOURCES RECURSOS PARA PERSONAS MAYORES

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Aging &amp; Independent Services Hotline (Adult Protective Services)</b> <a href="http://www.sdcounty.ca.gov/hhsa/programs/ais/">http://www.sdcounty.ca.gov/hhsa/programs/ais/</a>	800-510-2020	San Diego County program: Adult Protective Services (to report elder or dependent abuse); Caregiver Support (Support for family caregivers); Cool Zones (Designated “cool zones” for seniors and others during hot summer months); Coordination of in-home care; Employment training for low-income seniors; Health Promotion; In-Home Supportive Services (IHSS) (Homemaker & personal care assistance to persons who receive SSI); Intergenerational Programs; Legal Services; Mental Health; Nutrition Services; Ombudsman program for Long Term Care facilities; Guardian & Conservator program; Veterans Services (
<b>Carlsbad Senior Center</b> 799 Pine Ave. Carlsbad, CA 92008 <a href="http://web.carlsbadca.gov/services/departments/parksandrec/parks-facilities/facilities/Pages/senior-center.aspx">http://web.carlsbadca.gov/services/departments/parksandrec/parks-facilities/facilities/Pages/senior-center.aspx</a>	760-602-4650	Hours: Monday – Thursday (8 a.m. - 5:30 p.m.); Friday (8 a.m. - 5:00 p.m.); Saturday (9 a.m. - 1 p.m.). Programs and services offered: Lunch, exercise and music programs; book club, monthly movie offering; monthly dance; arts classes; workshops; musical concerts, computer lab and classes.
<b>Elder help of San Diego</b> 6150 Mission Gorge Rd. #140 San Diego, CA 92120 <a href="http://www.elderhelpofsandiego.org">www.elderhelpofsandiego.org</a>	619-284-9281	Elder Help provides personalized services and information that help seniors remain independent and live with dignity in their own homes. Services: Care Coordination & Management (e.g. grocery shopping, transportation, minor home repairs); Door-to-Door transportation; Home Share (Works with those who are looking for affordable housing or who have a spare room in their own home); Preferred Provider Network (medical or caregiver-based) [Serves East & Central san Diego County]

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## GUIA DE RECURSOS EN LA COMUNIDAD

### *SENIOR RESOURCES*

### *RECURSOS PARA PERSONAS MAYORES*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Seniors First San Diego</b> 525 14th Street, Suite 200 San Diego, CA 92101 <a href="http://www.servingseniors.org/advocacy/seniorsfirstsd">www.servingseniors.org/advocacy/seniorsfirstsd</a>	619-487-0743	Helps seniors in poverty live healthy and fulfilling lives. Programs/Services: Health Education (Nurse Case Management, Mental Health Services); Lifelong Learning (Fitness classes, arts & crafts, social activities); Meals (Hot meal – breakfast & lunch); Affordable Housing complex; Wellness Center (nutrition center, Center for Healthy Aging)
<b>Seniors First San Diego</b> <b>Seniors Community Centers</b> <a href="http://www.servingseniors.org">www.servingseniors.org</a>	619-235-6572	Ten (10) sites located in La Mesa, Lemon Grove, Spring Valley and San Diego
<b>Social Security Administration</b> 2160 South El Camino Real Oceanside, CA 92054 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>	800-722-1213	Hours: Monday thru Friday; 9 a.m. – 3 p.m.

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## GUIA DE RECURSOS EN LA COMUNIDAD

### *TENANT & OWNER RELATIONS*

### *RELACIONES DE ARRENDATARIO Y PROPIETARIO*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>CSA San Diego</b> <b>(Center for Social Advocate)</b> 131 Avocado Avenue El Cajon, CA 92020 <a href="http://www.c4sa.org">www.c4sa.org</a>	619-444-5700 800-954-0441	Provides services for the following: Fair Housing; Tenant-Landlord Mediation; Hate Crime Prevention Education; Human Trafficking education and prevention; Immigrant Rights & Education; Civic Engagement to the minority communities in San Diego County.
<b>Fair Housing Council of San Diego</b> 1764 San Diego Avenue, Suite 103 San Diego, CA 92110 <a href="http://www.fhcsd.com">www.fhcsd.com</a>	619-699-5888	Provides services in the area of unlawful housing discrimination in the housing rental, sales, lending and property insurance markets. Services: Advocacy, Outreach & Education for the public; Technical Assistance & Training to the housing industry; and Housing Discrimination Compliant Processing
<b>HUD Fair Housing Hotline</b> <a href="http://www.hud.gov/fairhousing">www.hud.gov/fairhousing</a>	800-669-9777	Housing Discrimination Hotline. Provide information on fair housing rights and to file a housing discrimination complaint.
<b>Legal Aid Society of San Diego</b> (Oceanside Office) 216 S. Tremont Street Oceanside, CA 92054 <a href="http://www.lassd.org">www.lassd.org</a>	877-534-2524	Legal Aid is available to low income individuals & disadvantaged communities for a variety of legal problems, including consumer, family disputes, welfare and health benefits, immigration and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. Federal Poverty Income Guidelines determine eligibility for free legal services.
<b>Legal Clinic University of San Diego</b> <a href="http://www.sandiego.edu/law/free_legal_assistance">www.sandiego.edu/law/free_legal_assistance</a>	619-260-7470	Services are available to lower income individuals: Assistance provided in the following areas: Appellate, Civil, Education and Disability, Entrepreneurship, Federal Tax, Immigration, Small Claims, State Tax Income, State Sales and Use Tax & Veterans Clinic.

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### *TENANT & OWNER RELATIONS (continued)* *RELACIONES DE ARRENDATARIO Y PROPIETARIO*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Lifeline Community Services -</b> Administrative Office 3142 Vista Way, Suite 400 Oceanside, CA 92056 <a href="http://www.nclifeline.org">www.nclifeline.org</a>	760-757-0118	Services focus on building self-reliance among youth, individuals and families. Services offered for Tenant & Owner Relations: Fair housing mediation services, fair housing education and legal clinic.
<b>National Conflict Resolution Center</b> <b>North County Office</b> 380 Melrose Drive, Suite 363 Vista, CA 92081 <a href="http://www.ncrconline.com">www.ncrconline.com</a>	(760) 494-4728  619-238-2400 (main office)	Provides specialized mediation and conflict resolution services (e.g. Construction defects, divorce, real estate issues); Training Institute: Provides training in conflict resolution and management to individuals, businesses, and government agencies in the San Diego region and beyond); The San Diego Mediation Center: Works closely with neighborhoods and communities to find and resolve disputes at the local level.
<b>San Diego County Apartment Association</b> 5675 Ruffin Road. Suite 310 San Diego, CA 92123 <a href="http://www.sdcaa.com">www.sdcaa.com</a>	858-278-8070 888-762-7313	Provides products and services to individuals and companies who own, manage, or provide services and products to rental housing units in San Diego County. Has a 'Tip for Renters' link to offer information for renters (e.g. Move Inspection checklist, Understanding Your Security Deposit)
<b>Tenants Legal Center of San Diego</b> 5252 Balboa Ave, Suite 408 San Diego, CA 92117 <a href="http://www.tenantslegalcenter.com">www.tenantslegalcenter.com</a>	858-571-7100 (Office) 858-571-1166 (Free Info Line)	Information and assistance resource for tenants: Residential Landlord Tenant Law: e.g. Leases, security deposits, evictions, foreclosures, repairs, mold, privacy/entry by landlord, discrimination.

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### *UTILITY RESOURCES* *RECURSOS DE UTILIDADES*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Campeños Unidos</b> San Diego Office 885 Gateway Center Way, Suite 103 San Diego, CA 9 <a href="http://www.brawleycui.com">www.brawleycui.com</a>	800-371-1380	San Diego office provides assistance with home energy assistance, credit to electric account. Also has a Weatherization program to help changes and/or upgrades to homes to save money (e.g. change out weather stripping around windows and doors).
<b>SDG&amp;E (CARE or FERA Program)</b> <a href="http://www.sdge.com/residential/apply-our-income-based-financial-assistance-programs">http://www.sdge.com/residential/apply-our-income-based-financial-assistance-programs</a>	800-411-7343	Income Based Financial Assistance Programs: CARE program: Offers a monthly discount of 20% on your bill which can mean savings of up to each year based on average energy use; Energy Savings Assistance Program: Designed to help lower your monthly bill, while making your home more comfortable with free home improvements and energy-efficient appliance upgrades; FERA: If applicant meets the specific income guidelines, the Family Electric Rate Assistance program offers lower electricity rates based on usage; Medical Baseline Allowance Program; Help Paying Your Bill

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### *VETERAN'S RESOURCES* *RECURSOS DE VETERANOS*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Interfaith Community Services</b> <b>Coastal Service Center</b> 4700 North River Road Oceanside, CA 92057 <a href="http://www.interfaithservices.org">www.interfaithservices.org</a>	760-489-6380 760-721-2117, extension 222 (Transitional Housing)	Offers a broad continuum of 'wraparound care' services designed to help people move from insufficiency to self-sufficiency: Specific Veterans Assistance (emergency shelter, transitional housing, employment assistance, recuperative care, mental health and homeless prevention.
<b>Veteran's Affairs San Diego</b> <b>San Diego Healthcare System</b> 3350 La Jolla Village Dr. San Diego, CA 92161 <a href="http://www.sandiego.va.gov">www.sandiego.va.gov</a>	858-552-7475	Regional Office: (non-medical office): 8810 Rio San Diego Drive, San Diego, CA 92108 (619) 400-5616. Provides assistance and support for non-medical veterans issues (e.g benefits)  Oceanside Medical Clinic: 1300 Rancho del Oro Drive, Oceanside, CA 92056
<b>Veteran's Community Services</b> North County office 330 W. Felicita Avenue, Suite E-14 Escondido, CA 92025 <a href="http://www.ccvcs.net/">http://www.ccvcs.net/</a>	800-974-9909 Main Number  (760) 851-9440 Escondido office	Targets low-income or extremely low-income Veterans. Veterans Services provided: Housing (emergency and transitional) referrals, employment/education (career development and education development), benefits navigation (provides assistance to participants in identifying and accessing benefits and resources they may be eligible for); personal support (e.g. Case management, medication and healthcare management, mobility training)

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### WOMEN AND CHILDREN'S RESOURCES RECURSOS DE MUJERES Y NIÑOS

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Child Abuse Hotline</b> <a href="http://www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/child_abuse_hotline.html">http://www.sdcounty.ca.gov/hhsa/programs/cs/child_welfare_services/child_abuse_hotline.html</a>	800-344-6000	The 24-hour Hotline is staffed by trained social workers who receive calls about child abuse, molestation and neglect. Each call is logged and evaluated as to the level of possible risk to the child. Neighbors, friends or relatives concerned about a child's safety, parents who are afraid they may hurt or neglect their child, and children who believe they are being abused should telephone the Hotline to discuss their concerns. Referrals to resources and additional help is given to any who have that need.
<b>Community Resource Center</b> <b>Domestic Violence Crisis Hotline</b> Social Services Office: 650 Second Street Encinitas, CA 92024 <a href="http://www.communityresourcecenter.org">www.communityresourcecenter.org</a>	877-633-1112	<b>Hotline:</b> Trained staff are available to answer questions you have regarding resources available for victims of domestic violence 24 hours a day. All calls remain strictly confidential.  Program of the Community Resource Center: Provides social services and domestic violence programs through comprehensive food programs, rental and shelter assistance (e.g. motel vouchers, rental and utility assistance), works programs, financial management services, domestic violence crisis hotline, emergency shelter, therapeutic children's center, counseling, education and prevention. [Serves North County Coastal]
<b>First 5 California</b> 2750 Womble Road, Suite 201 San Diego, CA 92106 <a href="http://www.first5sandiego.org">www.first5sandiego.org</a>	866-726-8831	First 5 San Diego promotes the health and well-being of young children during their most critical years of development, from the prenatal stage through five years of age. Programs: Healthy development screenings and health access, dental care, high-quality pre-school; and parenting workshops.

# COMMUNITY RESOURCES DIRECTORY

## GUIA DE RECURSOS EN LA COMUNIDAD

### *WOMEN AND CHILDREN'S RESOURCES (continued)*

### *RECURSOS DE MUJERES Y NIÑOS*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Planned Parenthood</b> <b>Carlsbad location:</b> 1820 Marron Road, Suite 110 Carlsbad, CA 92008 <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a>	888-743-7526	Carlsbad location: Birth control, Men's Health Care, General Health Care, Women's Health Care.
<b>North County Health Services</b> <b>WIC (Women, Infants &amp; Children)</b> <b>Oceanside location: (Mission Mesa)</b> 2210 Mesa Drive, Suite #1 Oceanside, CA 92054 <a href="http://www.nchs-health.org/community-resources/wic/">http://www.nchs-health.org/community-resources/wic/</a>	800-477-6333 760-471-2743	WIC Program is here for you to provide proper nutrition to pregnant women, breastfeeding mothers, new mothers and young children to improve healthy eating and nutrition to improve overall wellness.
<b>Women's Resource Center</b> 1963 Apple Street Oceanside, CA 92054 <a href="http://www.wrcsd.org">www.wrcsd.org</a>	760-757-3500	Provides supportive services, counseling, shelter and education to women and men involved in or threatened by domestic violence or sexual assault. Services: Emergency 30-day shelter, Transitional Housing, Crisis Intervention, Crisis Hotline, Adult and children counseling, Community and School Prevention Services and community and perpetrator education.



# COMMUNITY RESOURCES DIRECTORY

## GUIA DE RECURSOS EN LA COMUNIDAD

### *ADDITIONAL RESOURCES* *RECURSOS ADICIONALES*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Carlsbad Police Department</b> (Non-emergency Number) <a href="http://www.carlsbadca.gov">www.carlsbadca.gov</a>	760-931-2197	Non-emergency phone number
<b>Community Resource Center</b> <b>Back To Work Program</b> 650 Second Street Encinitas, CA 92024 <a href="http://www.communityresourcecenter.org">www.communityresourcecenter.org</a>	760-753-8300	Provides social services and domestic violence programs through comprehensive food programs, rental and shelter assistance (e.g. motel vouchers, rental and utility assistance), works programs, financial management services, domestic violence crisis hotline, emergency shelter, therapeutic children's center, counseling, education and prevention. [Serves North County Coastal]
<b>Consumer Center for Health Education and Advocacy</b> North County Office 216 S. Tremont Street Oceanside, CA 92054 <a href="http://www.lassd.org">www.lassd.org</a>	877-534-2524	The Consumer Center for Health, Education, and Advocacy is an independent program of the Legal Aid Society of San Diego, Inc. which provides education and advocacy to help customers get the health services they need.

# COMMUNITY RESOURCES DIRECTORY

## GUIA DE RECURSOS EN LA COMUNIDAD

### *ADDITIONAL RESOURCES (continued)*

### *RECURSOS ADICIONALES*

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>Identity Theft Resource Center</b> 9672 Via Excelencia San Diego, CA <a href="http://www.idtheftcenter.org/">http://www.idtheftcenter.org/</a>	888-400-5530	Provide victim assistance at no charge to consumers throughout the United States. Educate consumers, corporations, government agencies, and other organizations on best practices for fraud and identity theft detection, reduction and mitigation. [Resource from San Diego County District Attorney]
<b>San Diego County Public Assistance Family Resource Center – North Coastal</b> 1315 Union Plaza Court Oceanside, CA 92054 <a href="http://www.sdcounty.ca.gov/hhsa/facilities/north_coastal/family_resource_center_north_coastal.html">http://www.sdcounty.ca.gov/hhsa/facilities/north_coastal/family_resource_center_north_coastal.html</a>	866-262-9881	Oceanside office hours: Monday thru Friday; 7 a.m. to 5 p.m. Services/Assistance offered at Oceanside office: e.g. MediCal, CalFresh (Food Stamps); Healthy San Diego; Welfare to Work; CalWorks; General Relief
<b>County of San Diego - In-Home Supportive Services Public Authority</b> 780 Bay Boulevard, Suite 200 Chula Vista, CA 91910 <a href="http://www.sdihsppa.com">www.sdihsppa.com</a>	866-351-7722 760-754-3515 (Oceanside)	Maintains an online Registry of available providers. Assists eligible low-income elderly and persons with disabilities in San Diego County to live high quality lives in their own homes. Recruits, screens, and trains Individual Providers (home care workers) who are available to assist our eligible Consumers in their own homes. This service is available at no cost to the eligible Consumer.

# COMMUNITY RESOURCES DIRECTORY

## GUIA DE RECURSOS EN LA COMUNIDAD

### ADDITIONAL RESOURCES (continued) RECURSOS ADICIONALES

AGENCY or ORGANIZATION AGENCIA O ORGANIZACION	PHONE TELEFONO	SERVICES PROVIDED
<b>San Diego County Department of Environmental Health</b> 5500 Overland Avenue, Suite 170 San Diego, CA 92123 <a href="http://www.sdcounty.ca.gov/deh">www.sdcounty.ca.gov/deh</a>	858-565-5173 or 800-253-9933	Department regulates: Retail food safety; public housing; public swimming pools; small drinking water systems; mobile-home parks; onsite wastewater systems; recreational water; aboveground and underground storage tanks and cleanup oversight; and medical and hazardous materials and waste.  <b>Wildfire Information: Resources for those impacted the fires:</b> <a href="http://www.sdcounty.ca.gov/deh/press/santaanawildfire.html">http://www.sdcounty.ca.gov/deh/press/santaanawildfire.html</a>
<b>San Diego County Vector Control Program (bees, fleas, bedbugs, rats)</b> <a href="http://www.sdcounty.ca.gov/deh/pests/vector_disease.html">http://www.sdcounty.ca.gov/deh/pests/vector_disease.html</a>	858-694-2888	Countywide program that monitors and controls vectors and the diseases that they carry. Services; Protects public health by surveying for diseases carried by vectors (e.g. rats, bedbugs, bees, fleas); Controls and reduces peoples' exposure to vectors and human diseases; Responds to public requests for vector inspections; and Educates the public about mosquitoes and other vectors to help residents protect themselves from the diseases vectors can carry.
<b>Social Security Administration</b> 2160 South El Camino Real Oceanside, CA 92054 <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>	800-722-1213	Hours: Monday thru Friday; 9 a.m. – 3 p.m.

**PLEASE BE ADVISED:** You will need to contact the organizations directly for services and additional information.

This information is provided as a courtesy by the City of Carlsbad Housing & Neighborhood Services. The information provided is correct to the best of our knowledge. Please notify our office if you discover any misinformation or incorrect phone numbers or website addresses.

**ES ACONSEJADO:** Usted necesita contactar las organizaciones directamente para servicios y información adicional. Esta información es proporcionada de parte de la Ciudad de Carlsbad Servicios de Vivienda y Vecindario como una cortesía. La información proporcionada es correcta al mejor de nuestro conocimiento. Por favor notifique a nuestra oficina si descubre cualquier equivocación o información inexacta de números de teléfono o sitio de web.

Q:Housing.Community Resources Directory.5/2014